

Beef Stroganoff

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/stroganoff-ground-beef-recipes>

Ingredients:

- 2 cups noodles
- 2 cups beef cooked or canned
- 10 ounces cream of mushroom soup
- 3/4 cup milk
- 1 can mushrooms
- 3/4 cup Greek yogurt OR sour cream
- 1 tablespoon butter
- salt
- 1/4 cup onion chopped
- pepper

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 110 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 11 grams
8. Sodium: 580 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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